



Jadeecada (*Measles -Rubeola*)

WAA MAXAY?

- ✓ Jadeecada (*Measles*) (*oo loo yaqan rubeola* iyo “*10-cisho*”, “*adeeg*” iyo “*gaduud*” *jadeeco*) waa cudur aan fiicnayn kaasoo keena xummadi, firiirc, iyo dhibaatooyin kale.
- ✓ Fayrus ayaa jadeecada keena si fudud ayaana loo kala qaadaa.
- ✓ Ha isku qaldin jadeecada iyo rubella oo xittaa loo yaqaan ‘German’ ama jadeecada ‘3-dcishood’

CALAAMAADKA

- ✓ Calaamaadka waxaa ay billawdaan qiyaastii 10 cisho kaddib marka la qaado waxaana uu cudurka socdaa 1 illaa 2 asbuucod.
- ✓ Cudurka waxaa uu ka billaabmaa sanka dareera, indhaha gaduuta ee biyo-biyaha badan, qufac, iyo xummadi sare.
- ✓ Maalmaha ugu horreeya, firiirc yar ee cad ayaan afka ka soo baxa.
- ✓ 2 illaa 4 cishood kaddib, firiirica gaduudan oo badan ayaan wajiga ka billaabma isagoo ku faafa jidhka hoose iyo gacmaha iyo lugaha. Firiiraca waxaa uu jirayaa 4 illaa 7 cishood waxaana uu soo baxaa 14 cishood kaddib marka cudurka la qaado.
- ✓ Dadka jadeecada qaba asbuuca hore ayeey dadka u gudbin karaan iyo 4 cishood kaddib marka uu firiirica soo baxo.

DHIBAATOYINKA

- ✓ Jadeecada waxaa ay keeni kartaa infekshanka gala dhegaha, shuban , bacteeriyada sambabaha gala (*pneumonia*), iyo *encephalitis* (maskaxda oo bararta taasoo keeni karta qalal, dhegaha oo la beelo, ama maskaxda oo daahsan (*mental retardation*) iyo dhif ahaan dhimasho.
- ✓ Jadeecada ilmaha ayeey ka soo ridi kartaa haweenka uurka leh amaba xilligoodi ka soo hormarin kartaa.

SIDEE BAY KU FAAFTAA?

- ✓ Fayruska laga helo dheecaannada sanka iyo dhuunta qof jadeecada qaba waxaa ay gaari kartaa alaabta ay dad kale taawan karaan.
- ✓ Fayruska jadeecada waxaa uu ku faafi karaa xagga neefsashada hawada halkii uu qofka infekshanka qaba uu joogay (illaa 2 saacadood laga joogo markii uu qofka infekshanka qabaa uu halkaasi joogay).

YAA HALIS KU JIRA?

- ✓ Dhallaanka 1 jirka ka yar (sababtoo ah aad bay uga yar yihiin xilligii la tallaali lahaa).
- ✓ Dadka kale ee aan laga tallaalin jadeecada sababta ay doontaba ha ku timaadee.
- ✓ Dadka laga tallaalay kuwaasoo tallaalkoodii ahaa tallaaladii hore ee sannadihii 1963-1967, oo aan dib loo tallaalin.
- ✓ Dadka qaab difaaca jidhkoodu yar yahay, dhallaanka, haweenka uurka leh ayaan halis dheeraad ah u leh jadeecada.
- ✓ Dadka qaataay *immune globulin* ku dhawaadka xilligii laga tallaalay jadeecada.
- ✓ Guud ahaan dadkii dhashay ka hor 1957 waxaa loo tiixgeliyyaa in ay difaac u leeyihiiin cudurka sababtoo ah in laga yaabo in cudurku ku dhacay.

KA HORTAGGA

- ✓ Tallaal ayaan jadeecada looga hortagi karaa.
- ✓ Gobolka Washington waxaa uu doonayaa in dhammaan carruurta ay qabaan xaqijinta in laga tallaalay jadeecada si ay dugsiiga ku billaabaan ama xarunta daryeelka xanaanada carruurta.
- ✓ Tallaalka jadeecada waxaa la raaciyya tallaalka qaamo-qashiirka iyo *rubella* waxaana loo yaqaan tallaalka MMR.
- ✓ Tallaalka jadeecada waxaa carruurta laga tallaalaan marka ay u dhaxeeyaan 12 illaa 15 bilood. MMR labaad ayaan looga baahan yahay si ay xanaanada ama fasalka 6-aad u galaan (iyadoo ay ku xiran tahay sannadka dhalashada).
- ✓ Dadka jadeecada qaba waa in ay iska dhowraan dadka ugu yaraan illaa 4 cishood oo kaamil ah ay ka gudubto markii ugu horreysay ee uu firiirica soo baxay.
- ✓ Dadka ka ag dhow qof qaba jadeecada waa in ay taqdharka la tashtaan sida ugu dhaqsiyo badan. Haddii aan laga tallaalin, tallaalka jadeecada ayaan ka hortagi kara infekshank haddii la tallaalo seddex cisho gudahood kaddib marka laga ag dhawaado qof qaba.
- ✓ *Immune globulin* waxaa laga yaabaa in ka hortago infekshanka dadka aan tallaalka heli karin marka la siiyo lix cisho gudahood kaddib marka laga ag dhawaado qof qaba.

**U soo sheeg kiisaska oo idil adigoo waca
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